



Move a Little More

Walk Indiana Week 2

Did you enjoy the virtual walk from Bremen to Syracuse last week? Hopefully, you were able to track your daily steps, refer to the map for distance covered and learn something new about a few of our Indiana cities. This week, we're going to make it a little more challenging. Here are the details:

Virtual Route: Noblesville to Indianapolis

Total Miles: 34.6 miles

Total Steps: 69,200 steps

Daily Step Challenge: 8,000 steps per day

Days to Complete: 7-8 days

Your Weekly Push

It is not the mountain we conquer but ourselves. –Edmund Hillary

Doubt can only be removed by action. –Goethe

Everywhere is walking distance if you have the time. – Steven Wright

Physical activity Tip: Make the most of your walking routine by using the proper techniques. These simple tips will make your walks more effective and help you reach your physical activity goals:

- Stand straight, tall, and relaxed;
- Keep your eyes looking forward;
- Keep your chin parallel to the ground;
- Resist the temptation to tilt your head down;
- Let your arms swing naturally with your elbows bent at a 90 degree angle. The bend will increase arm strength and eliminate tingling in your fingers that can occur during long walks.

Nutrition Tip: Considered canned, frozen and dried fruits and vegetables verses fresh to balance your diet and your budget. They contain just as much vitamins, minerals, fiber, and powerful disease-fighting nutrients. Maximize nutrients by choosing canned fruits packed in juice or light syrup and plain frozen fruits/vegetables instead of those in calorie-laden sugar, cheese and butter sauce. Rinse canned vegetables to reduce sodium.



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